

The Beacon

If only in the distance, there is a light to lead you to a safe place.

A publication of your Family Advocacy Program

Child Passenger Safety Events:



Educational Seminar:

10 - 11 am in Bldg 546
13 Feb 6 March
3 April

In this 1 hour seminar you will learn how to select the right car seat for your child, the basics of car seat installation, and important crash dynamic information that could save your child's life.

Child Passenger Safety Check Station

By appointment only on:
15 Feb 17 Feb
24 Feb 10 Mar
7 April

Car Seat Bounty Program

In collaboration with the Hill FD and the Hill BX Family Advocacy will accept car seats that are old, unsafe, or have an unknown history and remove them from circulation.

On March 3 and 4 a collection booth will be set up at the BX and in turn the BX will be offering extra special savings on new car seats. More to come.

* Please call Family Advocacy for the above events.

Off Base Community Check Station

18 Feb 10am - 2 pm
Young Chevrolet
Layton, UT



Love is in the Air



As you read this many people are out placing orders for roses and assorted flowers for their loved ones. Others are shopping for that special piece of jewelry. Soon you will hear morning radio shows discussing the best and worst Valentine's Day gift. Two-dozen roses delivered to the office or a practical item for the house? For those of you who don't participate in this Hallmark holiday; fear not, you can feel comfortable to keep reading.

There are many other ways you can show your love, not just for Valentine's Day but all year long. Most obvious are the words "I love you." Do you always have to say these same three words or can you say, "I love being around you" or how about, "I am a better person because of you?" Another way to show your love is by spending time together. What about turning a routine dinner into a candle lit dinner party for two? Celebrate your own special occasions, not just holidays and anniversaries.

A few other options include: ~ hug ~ admit your mistakes ~ be trustworthy ~ instead of complaining, communicate what you prefer ~ have a conversation ~ make eye contact ~ leave love notes in their lunch bag for an unexpected smile ~ compliment ~ prepare breakfast in bed ~ make soup when they are ill ~ play a game together ~ listen ~ attend marriage conference or therapy ~ have dream dates ~ accept apologies ~ love unconditionally ~ hold hands ~ respect each other ~ celebrate each other.

Let me end by reminding you, a healthy relationship has open and honest communication and an even playing field on which partners share responsibility in the relationship. An unhealthy relationship has an imbalance in which one partner tries to exercise power and control over the other through threats, abuse and even neglect. If you believe you are in an unhealthy/unsafe relationship or want to reduce your chances of divorce please contact Family Advocacy to learn how we can help.



National Child Passenger Safety Seat Awareness Week Feb 13 - 18, 2006

Did you know?

- Motor vehicle crashes cause approximately 42% of all unintentional injury related deaths to children under the age of 14
- Ejected occupants are 4 times more likely to be killed as those who remain inside
- Ninety-eight percent of car seats are not being used correctly. When doing "walk by" research 82% are found to be installed incorrectly.
- Children should ride rear facing until they are 1 yr old and 20lbs.
- State law does not equal best practice
- Children should ride in the back seat until they are 13 years of age
- Children should either be in a car seat or a booster seat until they are 4'9"

If you have children under the age of 8 it is statistically probable that they are not restrained properly. Starting this month Family Advocacy is offering educational seminars, check points, and a bounty program to ensure your child's safety. These programs are facilitated by a Certified Child Passenger Safety Technician. We care about the safety of your child, shouldn't you! See the side bar for specific events.



The Marriage Conference offered the following tips:

Celebrate your differences

Change yourself first

Seek marital therapy

Listen - really listen!

Report Suspected Family Maltreatment

On Base: Family Advocacy
777-3497

Off Base: Child Maltreatment
Weber County- 395-5911
Davis County- 544-1298

You are a Mandated Reporter

Family Advocacy Program

75 MDOS/SGOHF
7329 11th Street Bldg 547
Hill AFB, UT 84056
Phone: 777-3497

FAO- Capt Burpee
NCOIC- SSgt Rudquist
Treatment- Daryl Sondrup
New Parent Nurse- Jenny McFarland
Outreach- Julie Pinchak
Program Assistant- Janeil Hudgens

Inclusion of off base agency events in this newsletter does not indicate Air Force or Family Advocacy endorsement

Attention First Sergeants and Squadron Commanders!

If you are a new First Sergeant or Commander and did not attend the Domestic Violence Conference on 2 February 2006 please contact Julie Pinchak to schedule your initial Family Advocacy Training. DoD mandates that all 1st Sgts and Sq CC's receive an initial Family Advocacy Orientation within 60 days of assuming respective positions. You can reach Julie by dialing 5-4657.

Hill AFB Family Advocacy Program OVERVIEW OF CLASSES

Please call 777-3497 to register for classes or for more information.

~ **Parenting Resources:** 1~2~3 Magic is a 2 hour program featuring Dr. Phelan's simple and easy to do parenting techniques. The next class will be held 9 Feb @ 9:30 am. Additional resources include positive parenting videos and various parenting books. Call if you'd like a free parenting book.

~ **Dads 101:** What to expect after the baby is born- for fathers only. You will be amazed at the information you will leave this seminar with. Our next 3 session series is likely to begin on Feb 21. Classes are filling up quickly. Please start signing up for March and April classes.

~ **New Parent Support Program:** Do you have questions about pregnancy, how to care for your newborn, or what to do about sibling rivalry? With enrollment in the program the Family Advocacy Nurse will come to your home and provide support and education on topics of your choice, including infant massage and development. Call to learn how you can receive and complete the paperwork to enroll.

~ **Baby Basics:** Wondering what to do with the little bundle of joy once he or she arrives? Baby Basics will teach you the basics of the first few weeks. Additionally you will view the video "Happiest Baby on the Block." and learn how to calm the fussiest of babies. Next class: 16 Feb 1-4 pm

~ **Anger Management:** Classes consist of six 2-hour sessions held twice a week on Tuesdays and Thursdays. The next series begins on 7 Feb and continues until 23 Feb. Class begins at 2:00 pm.

~ **PREP (Prevention and Relationship Enhancement Program):** PREP is one of the most comprehensive and well respected divorce-prevention and marriage enhancing programs in the world. This class is for engaged couples, newlyweds, and for the "old married couple." The next 4 session series will begin on 8 Feb @ 2:30- 4:00 pm.

~ **Childbirth Preparation:** Jenny McFarland, our NPSP Nurse teaches a four session program to help you reduce fears about the birth process and teach you breathing techniques to help you through your labor. Feb dates are 6, 14, 21, and 28. The February class is full with many alternates. The next class will be held in April starting on the 4th. Please plan ahead and sign up early if you are pregnant.

~ **Infant/ Child CPR:** Do you really know how to do CPR if your child needed it? It's not the same as with an adult. This course is offered on the 3rd Tuesday of each month from 12- 4pm. Next class: 21 Feb

~ **Resource Library/ Resource Connection:** Need help managing a family matter? The FAP resource library has a wealth of information for you to borrow. Still looking for services in the Utah area to help you deal with a situation? The Outreach Manager can help connect you with on and off base resources.



April is Child Abuse Prevention Month

If you would like to collaborate with Family Advocacy to bring awareness to this senseless act please contact Julie Pinchak at 775-4657